GOVERNMENT OF INDIA
AYURVEDA,YOGA & NATUROPATHY,UNANI,SIDDHA AND HOMEOPATHY (AYUSH)
LOK SABHA

UNSTARRED QUESTION NO:580
ANSWERED ON:18.11.2016
Promotion of Yoga
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Will the Minister of AYURVEDA,YOGA & NATUROPATHY,UNANI,SIDDHA AND HOMEOPATHY (AYUSH) be pleased to state:

Will the Minister of AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH) be pleased to state:

(a) whether the Government has made any assessment on the curative benefits of yoga in various ailments like Dengue, Chikangunya, thyroid, Cancer and other terminal diseases, if so, the details and outcome thereof;

(b) the details of initiatives taken/being taken by the Government to promote yoga in the country including increase in number of Yoga training centres;

(c) whether the Government has any proposal to set up a Central Institute of Yoga and Naturopathy along with a hospital having sufficient number of beds in various parts of the country including Bhubaneswar, if so, the details thereof, State/UT-wise;

(d) whether the Government has taken initiatives to include Yoga in the school curriculum, if so, the details thereof;

(e) whether the Government has received any proposal to declare International Yoga Day as a holiday, if so, the response of the Government thereto; and

(f) the other steps being taken by the Government for promotion of Yoga including research on all its aspects to help it emerge as a growing branch of therapy?

Answer

THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA,
YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SHRIPAD YESSO NAIK)
(a): The Central Council for Research in Yoga and Naturopathy (CCRYN) an autonomous organization under Ministry of AYUSH has conducted two research projects in collaboration with Swami Vivekananda Yoga Research Foundation, Bangalore on application of Yoga in improving quality of life in cancer patients. The details of the project and its findings are as under:
(i) Integrated approach of Yoga Therapy in the Management of cancer: The study showed better coping response; decreased distress, reduced side effects; increased natural killer cell counts, increased pain threshold etc..
(ii) Effect of integrated approach of yoga therapy for metastatic breast cancer patients and study of DNA repair mechanisms relevant to cancer: The study showed significant decrease in anxiety, depression, perceived stress, pain, insomnia fatigue. It also showed improvement in natural cell killer counts and early morning cortisol level. No such research/assessment has been done in respect of Dengue and Chikangunya.

(b): The initiatives taken by the Government to promote Yoga in the Country are as below:
(i) CCRYN has opened 08 Yoga OPDs in Government hospital of Delhi and Haryana. It also conducted one month training camp throughout the country during International Day of Yoga, 2016.The Council has also initiated a plan to grant fund to establish and run Yoga & naturopathy clinics and hospitals. Another autonomous organizations under the Ministry namely, Morarji Desai National Institute for Yoga (MDNIY), New Delhi; has established 19 preventive health care units of Yoga, 04 Yoga Therapy centres in Tertiary hospital and 04 Yoga centres in SAI Stadia.

(ii) Ministry of AYUSH also promotes Yoga by carrying out campaigns through print and electronic media. AROGYA fairs at National and State level are organized to make public aware of the benefits of AYUSH systems of medicine including Yoga.

(iii) The Ministry under its Central Sector Schemes of Information Education and Communication (IEC) and International Co-operation extends financial assistance to State Governments and other reputed Government/ Non-Governmental Organizations / Universities for conducting National/ International seminars/ workshops/ symposiums to promote Yoga.

(iv) The Co-location of AYUSH facilities including Yoga & Naturopathy at Primary Health Centres (PHCs), Community Health Centres (CHCs) & Districts Hospitals (DHs) and upgradation of exclusive AYUSH Hospitals including Yoga and Naturopathy facilities are included in the AYUSH Services component of National AYUSH Mission (NAM). Further, under flexible components of NAM, a provision has also been kept for AYUSH Wellness Centres including Yoga.
(v) The Ministry of AYUSH has initiated a Scheme for Voluntary Certification of Yoga Professionals. The Scheme is being operated by

the Quality Council of India (QCI), an apex quality facilitation and accreditation body, under the Ministry of Commerce and Industry.

(vi) A scheme titled "Yoga Training for Police Personnel" has been initiated by the Ministry.

(vii) The initiative of the Government has succeeded in adoption of 21st June, as the International Day of Yoga.

(viii) The Union Cabinet in its meeting held on 17.02.2016 has approved the proposal of the Ministry of AYUSH to sign an agreement with WHO for collaborative activities in the area of traditional Medicine including Yoga.

(ix) Under Central Sector Scheme of International Cooperation (IC), the Ministry of AYUSH undertakes measures for global promotion and popularization of AYUSH systems of Medicine including Yoga.

(x) The Ministry deputes Yoga experts to participate in fairs/ workshops organized by the Ministry of Tourism, Ministry of External Affairs, Ministry of Culture, Ministry of Commerce, etc. and Indian Missions abroad for Yoga demonstration and lectures. The Ministry of AYUSH had, in collaboration with Indian Council for Cultural Relations (ICCR), deputed Yoga teachers to Indian Missions for a period of 7 days by revising IC Scheme to train Yoga enthusiasts for their participation in the Mass Yoga Demonstration organized by various Indian Missions abroad to celebrate the first International Day of Yoga.
(xi) Separately, Ministry of External Affairs (MEA), under auspices of Indian Council for Cultural Relations (ICCR), also deputes Yoga teachers to Indian Missions for imparting training to local students and teachers. MEA also provides publicity material including videos, documentaries, coffee table books, instructional manuals on different aspects of yoga and yogic practices to Indian Missions for display and distribution.

(c): A Central Research Institute (CRI) under CCRYN is functioning at Rohini, Delhi. In addition, 1st phase construction of two CRIs at Nagmangala, Karnataka and Jhajjar, Haryana has been completed. 2ndphase construction has started.

Further, the Ministry of AYUSH has also obtained a cost free land near Bhubaneswar from State Government of Odisha for construction of a CRI. In addition to this, State Governments of West Bengal, Andhra Pradesh and Rajasthan have also offered land for construction of CRIs in their states.

(d): The Ministry of Human Resource Development(M/o HRD) initiated the process of formulating a New Education Policy (NEP), for which it carried out nearly a year-long consultation across 33 identified themes. Out of the 33 themes, one of the themes i.e. 'Comprehensive Education − Ethics, Physical Education, Arts & Crafts, Life Skills' covers the promotion of yoga and health in education policy.

All the suggestions received from various stakeholders were forwarded to the Committee for Evolution of New Education Policy, which was constituted by the Ministry. The Committee submitted its report to the Ministry on 27th May, 2016. After perusal of the report of the Committee and the recommendations from various consultations as well as other views and comments received, 'Some inputs for the draft National Education Policy, 2016' have been formulated and can be accessed on the MHRD website at http://mhrd.gov.in/sites/upload_files/mhrd/files/Inputs_Draft_NEP_2016.pdf wherein it has been recommended that physical education, yoga, games and sports, NCC, NSS, art education, Bal Sansad, covering local art, craft, literature and skills, and other co-scholastic activities will be made an integral part of the curriculum and daily routine in schools for the holistic development of children.

(e): No.

(f): The other steps taken by the Government for promotion of Yoga including research are as follows:

(i) Under the Extra Mural Research (EMR) scheme of Ministry of AYUSH, projects proposals from Yoga stream has been invited for conducting research on diabetes. 49 project proposals have been received for seeking grants from various organisations.

(ii) A National Campaign on Diabetes was launched by the CCRYN in October, 2016.

(iii) The Ministry of AYUSH has approved a one year Training Assistant cum Training Course (TATC) to be conducted by CCRYN.